

September/October 2016 Food Services Newsletter

The following article is written by Kelsey Halpin, a student in the Coordinated Program in Dietetics at Framingham State University and intern for Shrewsbury Public Schools Food Service Department.

Are you a vegetarian or know anyone who is? Have you ever wondered what it means to be a vegetarian and the different types? Now you can know!

What it means to be a vegetarian?

Different people can interpret what it means to be a vegetarian in many ways. There are different levels of vegetarians ranging from the most restrictive, eating no animal products, to less restrictive, only restricting some animal products.



Types of Vegetarians:

1. **Vegan** - Do not consume any type of animal products or by-products. This includes red or white meat, fish, eggs, and dairy.
2. **Lacto-Vegetarian** – Do not eat any red or white meat, fish, or eggs; however, they do eat dairy products such as cheese, milk, and yogurt.
3. **Ovo – Vegetarian** – Do not eat any red or white meat, fish, or dairy; however, they do eat eggs.
4. **Lacto-Ovo Vegetarian** – Do not eat red or white meat or fish; however, they will eat eggs and dairy products.
5. **Pollotarian** – Restricts consumption of red meat, fish, and seafood; however, they will eat poultry.
6. **Pescatarian** – Restrict meat consumption so that they only eat fish and seafood. They do not eat red or white meat.

Healthy Eating Tips for Vegetarians:

1. **Think about protein** – Protein is needed for body growth and maintenance. There are a variety of plant-based protein options to fulfill your body's protein needs. Think about trying beans, peas, nuts, or soy products such as tofu or tempeh. Eggs and dairy products can also provide you with protein! These are great sources of protein, vegetarian or not!
2. **Calcium** - You need calcium to keep strong bones and teeth. If you consume dairy products, this is a great source of calcium. If not, that's okay! Other options include: milk substitutes (calcium fortified soy milk, almond milk), calcium-fortified breakfast cereals and OJ, and some dark-green leafy veggies!
3. **Vitamin B₁₂** – This vitamin is found naturally in animal products and is of concern for those who do not eat meat. Make sure you are getting your B₁₂ from other sources or take a vitamin B₁₂ supplement. Other sources include fortified foods such as cereal or soy products.

References:

1. <http://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians>
2. <http://www.vegetarian-nation.com/resources/common-questions/types-levels-vegetarian/>

Promotions

Elementary Schools using Ticket s (Beal, Paton and Spring)

Buy any 4 sheets of Elementary Lunch Tickets and get a 5th sheet free. The cost of 4 Elementary sheets is @260.00-\$65.00 per sheet of 20 lunch tickets. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury MA 01545. Please include a self-addressed stamped envelope. Cash or check is accepted. Tickets have no expiration date.

Promotion valid for ticket purchases received August 25, 2016 - October 31, 2016.

- *For Staff: Buy any 4 sheets of Lunch Tickets and get a 5th sheet free. The cost of 4 sheets is \$340.00 - \$85.00 per sheet of 20 lunch tickets.*

Schools Using the POS System (Coolidge, High School, Oak and Sherwood Middle)

For every \$260.00 put on your child's POS account an additional \$65.00 will be credited to their account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the Cafeterias or through online payments. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please note the student's name whose account you want credited on the memo line of your check.

Promotion is valid from August 25, 2016 - October 31, 2016.

- *For Staff: For every \$340.00 put on your POS account an additional \$85.00 will be credited to your account.*

*No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date.

* Promotions cannot be applied to online transactions.

Free and Reduced Breakfast/Lunch Applications

Free and reduced price meals are available to students if there is financial need.

Applications for the 2016-2017 school year are available all year and can be submitted at any time there is a financial need. Applications are available online at the Food Service web site. Eligibility is governed by guidelines set by the Department of Education. Notification will be sent to all families stating what program they qualify for.

**Click here for the Free and Reduced Application form: <https://www.lunchapp.com/>

A new application must be filled out each new school year. Applications for the 2016-2017 school year can be submitted after August 1, 2016 but not before.

****Families do not have to fill out a new application if they received notification that their children were directly certified through the Department of Health and Human Services to receive free meals.**

Breakfast Program

Breakfast is available Monday- Friday at the Coolidge Elementary School from 8:00-9:00 AM, Sherwood Middle School from 7:45-8:00 AM, Oak Middle School from 7:00-8:00 AM and at the High School from 7:00-7:30AM. A full price breakfast costs \$1.50 and a reduced price breakfast costs \$.30.

Meal Magic Point of Sale System



The Food Service Department will be implementing a new, computerized point-of-sale system in the **Spring Street Elementary Cafeteria - Tuesday, November 1, 2016.**

This system is currently being used at the Coolidge Elementary, Floral Elementary, Middle and High School Cafeterias. This system, *Meal Magic*, offers many features:

- ▶ Creates an individual account for each student accessible with their student identification number
- ▶ Allows students to pre-pay for lunch and snacks eliminating the need for cash
- ▶ Eliminates the prepaid ticket system for students on free, reduced price or full pay lunches

ALL STUDENTS WILL BE REQUIRED TO ENTER THEIR STUDENT IDENTIFICATION NUMBER WHEN MAKING ANY PURCHASES REGARDLESS IF THEY ARE FULL PAY OR FREE/REDUCED ELIGIBLE.

Food Service Department Contacts

Please contact the Food Service Department with any questions or suggestions. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545. The telephone number for the Food Service Director, Beth Nichols, is 508-841-8819 and email is bnichols@shrewsbury.k12.ma.us.

Each school has a manager also available to speak with you. The numbers are as follows:

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|-------------|----------|-------------------|--|
| Beal | 841-8874 | Elizabeth Conway | econway@shrewsbury.k12.ma.us |
| Coolidge | 841-8889 | Charlene Campbell | ccampbell@shrewsbury.k12.ma.us |
| Floral St | 841-8723 | Sheila Tomaiolo | stomaiolo@shrewsbury.k12.ma.us |
| Paton | 841-8635 | Patti Saniuk | psaniuk@shrewsbury.k12.ma.us |
| Spring St | 841-8708 | Michelle Kehoe | mkehoe@shrewsbury.k12.ma.us |
| Sherwood | 841-8681 | Sandy Litchfield | slitchfield@shrewsbury.k12.ma.us |
| Oak | 841-1217 | Lisa Phipps | lhipps@shrewsbury.k12.ma.us |
| High School | 841-8848 | Mary Ricker | mricker@shrewsbury.k12.ma.us |